

local entrepreneurial development service providers to improve coordination with Federal resources. This will make the bill especially helpful for minority owned businesses.

This legislation is particularly efficient because it develops a cost effective way to reach a larger number of entrepreneurs in need and coordinates all entrepreneurial development programs eliminating duplication and government waste.

That is why I am supporting this legislation—because of what it will do to help women, minorities, and veterans who gave the ultimate service to our great country to be a part of its great dream.

CHARLES GOLDEN

HON. MICHAEL E. McMAHON

OF NEW YORK

IN THE HOUSE OF REPRESENTATIVES

Thursday, November 19, 2009

Mr. McMAHON. Madam Speaker, I rise today to honor Charles Golden as he celebrates his 90th birthday this month. Mr. Golden is the grandfather of my constituent Stevie Lacy-Pendleton, and I honor him for being a great community role model.

Throughout his life, Mr. Golden overcame many adversities. As the only son born into a family of young women, much was expected of him after his father's death. Still only a child when his father died, he took a job in the coalmines of Virginia to help support his family through the Great Depression. It was a different time in America. There were few jobs available especially for African-Americans, so Mr. Golden considered himself lucky, even blessed to have a job, no matter how difficult it was on a day to day basis.

An early work accident left him unable to join the military, but it opened a door to higher education. He applied and was accepted to Central State, which later became Central State University. Throughout his college years, he continued to work and send money home, at times holding more than one job.

Upon graduation, he became one of the few African-American engineers in America. He was hired by a federal defense contractor in Dayton, Ohio spending his entire career with them and retiring after over 40 years of service in 1989. During his 40 plus years as an engineer, he mentored countless young people as they began their engineering careers.

He has always been a great community leader. He became an active member of the Middle Run Baptist Church which was founded by freed slaves and is one of the oldest such institutions in the country. As a member of the Middle Run Baptist Church for over 50 years, he serves as a senior deacon, assistant treasurer and a member of the men's choir. He supervises church maintenance and repairs, and cooks for the weekly breakfast program that is open to church members and non members alike. He also fills in as the driver of the church bus which helps transport seniors and people with disabilities.

He was married to his devoted wife Frances for more than 50 years before her passing a number of years ago. Mr. Golden puts his religious beliefs into everyday action. He is a role model for young and old.

Madam Speaker, I ask that my colleagues join me in commending Charles Golden as we

join with the members of his church who honored him on November 13, 2009, as a man who overcame insurmountable obstacles, and as the quiet man who has touched and made a difference in so many lives.

THE DIABETES PREVENTION ACT OF 2009

HON. SUSAN A. DAVIS

OF CALIFORNIA

IN THE HOUSE OF REPRESENTATIVES

Thursday, November 19, 2009

Mrs. DAVIS of California. Madam Speaker, I rise today to address a serious and expanding health problem. Rates of type 2 diabetes continue to rise—despite our knowledge of how to prevent it—and it is time we took action to reverse the disturbing trend.

Thirty years ago, there was no known or proven strategy to fight the onset of type 2 diabetes. Now, we know how to delay onset of this disease, or prevent it completely, according to the National Institutes of Health, NIH. And yet, we are not using this potentially life-saving knowledge to our greatest benefit.

Meanwhile, those who develop the illness still suffer from and can't always properly recognize its symptoms, including fatigue and vision problems. When type 2 diabetes causes those symptoms to progress, it can lead to detrimental and heartbreaking results.

Furthermore, the cost to care for diabetes patients reached \$174 billion in 2007, and that number is only expected to get larger. The illness is a growing problem in the population as a whole, and appears to be increasing among children and adolescents, according to the Centers for Disease Control and Prevention, CDC. It makes sense to work to prevent onset of type 2 diabetes. This will both ensure quality of life for patients and reduce overall health spending—especially when the number of Americans at risk is predicted to grow.

I am introducing the Diabetes Prevention Act of 2009 to put our medical knowledge to use to reduce and delay instances of type 2 diabetes. Through the CDC, communities will be able to apply for grants to establish prevention programs designed to assist those diagnosed with pre-diabetes. Working with local medical officials, the programs will help patients with good diet, exercise plans, and other lifestyle changes needed to prevent or delay onset of the illness.

The Diabetes Prevention Act of 2009 builds on the success community organizations have had with similar programs in preventing illness. It is crucial that we address this serious problem and act now to stem the number of cases of type 2 diabetes developing in our country.

I urge consideration of the legislation.

RECOGNITION OF SPRINGFIELD NARFE CHAPTER 893

HON. GERALD E. CONNOLLY

OF VIRGINIA

IN THE HOUSE OF REPRESENTATIVES

Thursday, November 19, 2009

Mr. CONNOLLY of Virginia. Madam Speaker, I rise today to recognize the National Active and Retired Federal Employees Spring-

field Chapter 893 and applaud its dedication and service to the local community. This chapter of NARFE enjoys the second largest membership in the country, and continues to carry out NARFE's mission of safeguarding and enhancing the benefits of America's active and retired federal employees, and their survivors.

At a recent meeting this chapter took a moment to remember and reflect on friends and family who have served in the armed forces. Of particular note was a poem written by Chaplain Margaret Yowell entitled "What Is a Veteran?"

"WHAT IS A VETERAN?"

He is the cop on the beat who spent six months in Saudi Arabia sweating two gallons a day and making sure the armored personnel carriers didn't run out of fuel. He is the barroom loudmouth whose overgrown frat-boy behavior is outweighed a hundred times in the cosmic scales by four hours of exquisite bravery near the 38th parallel.

She is the nurse who fought against futility and went to sleep sobbing every night for two solid years in Da Nang. He is the POW who went away one person and came back another—or didn't come back at all. He is the Quantico drill instructor that has never seen combat—but has saved countless lives by turning young men into Marines, and teaching them to watch each other's backs.

He is the parade-riding Legionnaire who pins on his ribbons and medals with a prosthetic hand. He is the career quartermaster who watches the ribbons and medals pass him by.

He is the three anonymous heroes in The Tomb of the Unknowns, whose presence at the Arlington National Cemetery must forever preserve the memory of all the anonymous heroes whose valor dies unrecognized with them on the battlefield or in the ocean's sunless deep. He is the older guy at the supermarket—palsied now and slow—who helped liberate a Nazi death camp and who wishes all day long that his wife were still alive to hold him when the nightmares come.

He is an ordinary and yet an extraordinary human being—a person who offered some of his life's most vital years in the service of his country, and who sacrificed his ambitions so others would not have to sacrifice theirs.

So remember, each time you see someone who has served our country, just lean over and say Thank You. That's all most people need, and in most cases it will mean more than any medals they could have been awarded or were awarded.

Madam Speaker, I ask my colleagues to join me in thanking Chaplain Margaret Yowell and the National Active and Retired Federal Employees Springfield Chapter 893 for their dedication and service to our brothers and sisters who have so bravely served their country. Our veterans have made the ultimate sacrifice to their nation, and I am proud to work with NARFE to ensure we uphold our commitment to our federal employees and service men and women.

OUR UNCONSCIONABLE NATIONAL DEBT

HON. MIKE COFFMAN

OF COLORADO

IN THE HOUSE OF REPRESENTATIVES

Thursday, November 19, 2009

Mr. COFFMAN of Colorado. Madam Speaker, this morning our national debt was